

Will he **grow up**
to be just like you?



Will you be
there to **see it?**

Take care –
Get there safely.

Want more Information?

Useful links to help you plan your journey

www.bbc.co.uk/weather

Local and national weather forecasts

highways.gov.uk/traffic/traffic.aspx

Up to the minute traffic reports and planned road works

www.rac.com

Route planning website

www.direct.gov.uk/en/TravelAndTransport/Highwaycode/index.htm

Maximum speeds for
Goods Vehicles

Where the national speed limit applies.	Goods Vehicles up to 7.5 tonnes	Goods Vehicles over 7.5 tonnes
Single carriageway	50 mph	40 mph
Dual carriageway	60 mph	50 mph
Motorway	70 [*] mph	60 mph

* 60 if articulated or towing a trailer

Cambridgeshire and Peterborough Road Safety Partnership

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Work Related
Road Safety

**Some things go well with
bacon sandwiches.
Driving isn't one of them.**



Important information for **Employees**

Road Safety   
We Mean Business

Look after number one

Every four hours somebody in Cambridgeshire is injured in a crash whilst driving for work.

Driving is probably the most dangerous part of your day. Your employer has a duty for your safety whilst driving on work business. Have you seen the road safety policy detailing your responsibilities?

FACTS AND FIGURES

- Up to 1 in 3 road crashes involves a vehicle being driven for work
- Every week, around 200 deaths and serious injuries involve someone driving for work. Most of these are preventable
- For the majority of people, the most dangerous thing they do whilst at work is drive on the public highway (HSE 1996)
- The Highway Code is your guide to know how to stay safe whilst driving. Refer to the Highway Code by using the link on the back of this leaflet.



Ten tips to help you stay safe

As an employee there are many things you can do to reduce your chance of having a crash. Think of these every time you get in your vehicle.



THINK

IS IT NECESSARY?

Would it be possible to do teleconferencing or a telephone call instead of travelling? If you have to travel, consider public transport options or car share to minimise travelling.



MOBILE PHONES

Using a phone whilst driving (hands free or hand held) affects your driving. Your reactions will be slower than driving at the drink drive limit. Switch off before you drive off – set your voicemail to receive important messages.



SPEED

Inappropriate speed causes accidents. Do you know what the national speed limit is for your vehicle? Plan your journey so you don't feel pushed into breaking the speed limit to try and save time.



TIREDNESS

Do not drive if you feel sleepy. Driving when tired reduces your concentration and can lead to a crash. When planning your journey, include a rest break of 15 minutes every two hours.



DRINK/DRUG DRIVING

Never risk driving after drinking or taking drugs. If you have to drive in the morning, try to avoid drinking the night before – you may still be over the limit. You will lose your licence and possibly your job if you are caught over the limit.



PRESCRIPTION MEDICATION

Some prescribed and over the counter medication can affect your driving. Tell your doctor or pharmacist that you drive for work before taking medication.



IS YOUR VEHICLE SAFE?

Undertake daily or weekly walk around checks on your vehicle. Use the checklist available from your manager.



WELL PACKAGED?

If you are carrying equipment, make sure it is properly loaded, and your vehicle does not exceed its maximum weight limit. In a crash, loose equipment can cause more serious injuries.



WEATHER AND TRAFFIC CONDITIONS

When planning your journey think about how the weather and traffic conditions may affect your journey. Use the website links in this leaflet to help you plan.



ARE YOU SEEING THIS CLEARLY?

You must be able to read the number plate on a vehicle 20.5m away. Get your eyesight checked regularly.



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